

Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Lakes Life Care Center, Forest Lake

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Goal: To Support, encourage and assist women in carrying their pregnancies to term, and to assist in caring for their babies after birth of the Forest Lake and surrounding communities.

For the period/quarter: July 1, 2016 – September 30, 2016

| Activity or Service | Activity or Service Description Major Work Plan Activities | Work Plan Count | Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity. | Report Count |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Administrative Activities | Provide guidance to all grant staff Attend required grant meetings Hire and train volunteers and staff as needed Staff assessment Other staff administrative duties | | Volunteer nursing and teaching staff received training on self – care for dealing with clients who have difficult situations. Meet daily with nursing a teaching staff to discuss clients. Provided materials to staff on sex trafficking. | |
| Outreach | Advertising and publicity ventures Community education and contact activities Efforts at increasing capacity | | Bathroom stall advertising, met with marketing expert to design advertising campaign, designed new brochures for potential clients. Met with family pathways to share information. | |
| Car Seat Program | Activities: Provide car seat education, car seat installation and car seat distribution to | 3 | | 0 |

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| Parenting Education | <p>Program name: Earn While You Learn and Parent Support Group</p> <p>Activities: Earn While You Learn and parenting support groups:</p> <p>Some topics include: Infant care, Discipline, Happiest Baby, Finding appropriate Child Care, Insurance needs, budgeting, bonding with your child, benefits of breastfeeding</p> <p>Provide incentives for participation – diapers, wipes, formula, baby clothes & equipment and maternity clothing.</p> | 30 | <p>Case load for this program is steadily increasing as pregnant clients start having their babies and switching to the parenting program. We have started a new parenting series to help educate new parents and parents with older children on discipline, feeding and sleeping strategies. Many clients are bringing older children to classes with newborns and we have set out toys for older children to help keep them busy while their mothers are in class.</p> | 31 |
| Pregnancy Education | <p>Program name: Earn While You Learn and Parent Support Group</p> <p>Activities: Earn While You Learn, parenting support classes:</p> <p>Some topics include Prenatal classes (as a learning activity, not prenatal medical care), Childbirth education classes, Smoking cessation, Alcohol/drug cessation, Prenatal nutrition, Your developing baby, Ultrasounds, Reducing the risk of SIDS</p> | 30 | <p>Clients seem to be more regular when attending prenatal classes verses parenting. The added pressure of caring for a newborn seems to prevent some from making it to classes on time or at all. We have several clients due before the end of the year so we are busily helping them get ready for birth.</p> | 38 |

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|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Provide Necessary Services to all clients | Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals | 3 | We are still seeing many newly pregnant clients who do not have health insurance. Giving them information on what is available to them has been helpful. So other needs we are seeing are; not knowing where to go for prenatal care and how to get help with financial assistance. | 5 |
| Provide Necessary Services Assessments Only | Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals | 3 | Most clients that come in for help are also receiving help with in our program. Through coming to classes, ultrasound, etc...we are able to provide them with the necessary services that they need and are available in our area. | 0 |
| Ultrasound | Activities: Limited Obstetrical Ultrasounds, client assessment, intake and counseling | 12 | Positive pregnancy tests have been down slightly this last quarter, which directly affects our ultrasound numbers. | 11 |

| Maternal and Child Health Initiative Task Force Strategies | No. |
|-----------------------------------------------------------------------------------------------------------------------------------|------------|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity</i> | 0 |
| <i>Number of women who received car seat safety education only from a PA funded program activity</i> | 5 |
| <i>Number of women who received child abuse prevention education from a PA funded program activity</i> | 1 |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i> | 1 |
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | 0 |
| <i>Number of women who received sleep safety education only from a PA funded program activity</i> | 1 |

Challenges: Reaching the women in our area who need our assistance. We have developed relationships with all of the social service agencies in town and now we are starting an advertising campaign to reach out in a different way. We are still getting the “I didn’t know we had a pregnancy help center in town” chatter. We are working hard to dispel in our community. We are also connecting with local schools guidance counselors.

Comments: We have a current pregnant client who has been coming to classes for the last few months. She has stated that coming to the center has been a Godsend. The help she has been receiving is helping her get ready for her baby. She also stated that she recently received her GED and it was due to the help she received at the center the motivated her to finish school